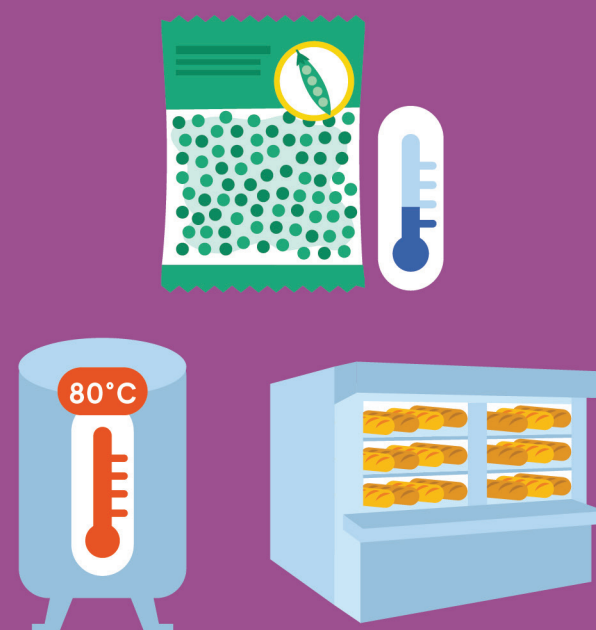


ABC OF FOOD PROCESSING

Food processing includes anything
that changes a food's original form (part 1)

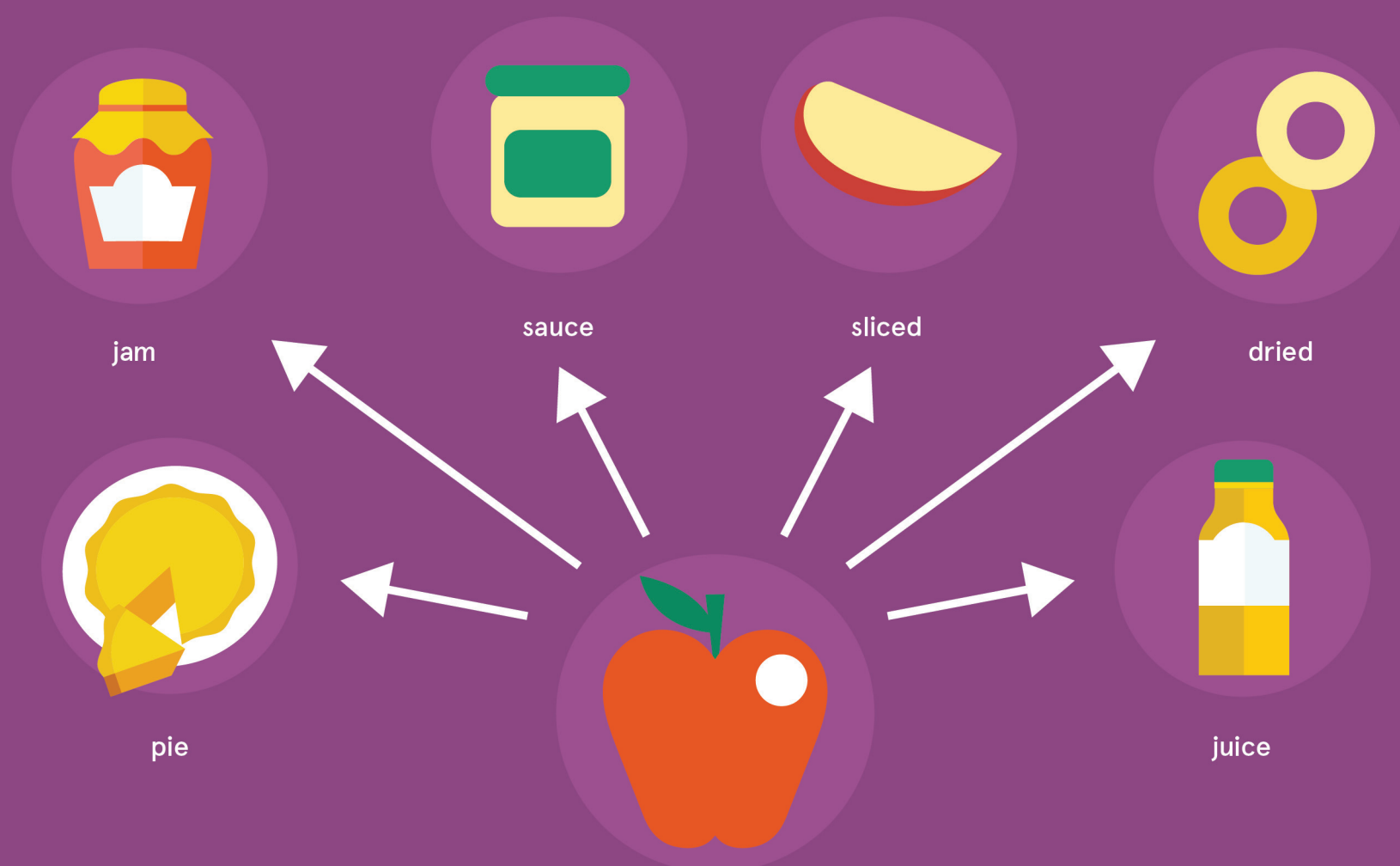


FOOD PROCESSING
AT HOME



INDUSTRIAL
FOOD PROCESSING

ONE FOOD CAN BE PROCESSED
IN MANY DIFFERENT WAYS



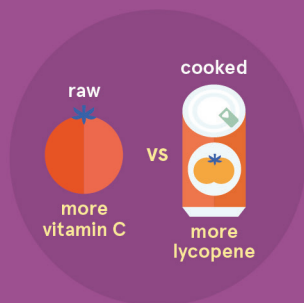
ABC OF FOOD PROCESSING

Food processing includes anything that changes a food's original form (part 2)

IMPACT OF FOOD PROCESSING



INCREASING
AVAILABILITY



ALTERING
ANTIOXIDANT LEVELS



MAKING IT
CONVENIENT



TAILORING TO
SPECIFIC NEEDS



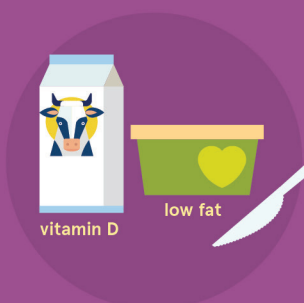
ENSURING
FOOD SAFETY



INCREASING
DIVERSITY



CHANGING
FLAVOUR &
TEXTURE



ALLOWING
FORTIFICATION
& ENRICHMENT



DECREASING
PRICE



PRESERVING
NUTRITIONAL QUALITY



REDUCING
FOOD WASTE

UNEXPECTED INGREDIENTS – WHY ARE THEY THERE?



NITROGEN IN PRE-WASHED SALADS

slows spoilage until the bag is opened, extending shelf-life without affecting the nutritional value



PALM OIL IN BREADS

solid at room temperature, easy to bake with, and inexpensive



ADDITIVES

used as seasoning, like sodium acetate or to increase shelf-life and improve food safety, like potassium lactate



WHEAT FLOUR IN NON-WHEAT PRODUCTS

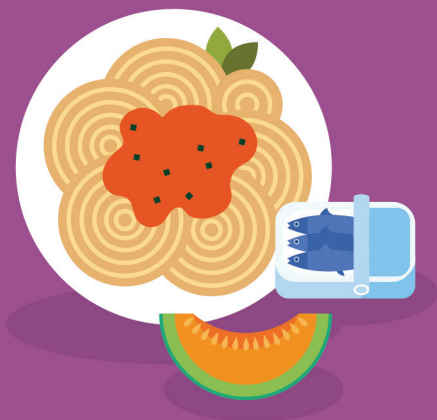
used as thickener and stabiliser

ABC OF FOOD PROCESSING



Food processing includes anything that changes a food's original form (part 3)

GET THE MOST OUT OF PROCESSED FOODS



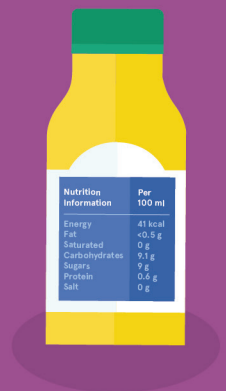
choose a healthier option if you can: wholegrain, fresh and frozen fruit & veg or tinned fish in water not oil



enjoy treats occasionally, watch portion sizes and be physically active



home cooking is also processing, be mindful of the ingredients you use



check the labels to keep salt, fat & sugar in moderation

Most foods we eat are processed in some way - with all the pros and cons it brings. Choosing and cooking mindfully can help us have a healthy and balanced diet

